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SCHOOL LUNCHES
With Recipes to Serve 50 Children

An adequate lunch is essential if children are to make the most of the opportunities that school offers. For many children at the present time the school lunch bridges the gap between under-nutrition and good nutrition. The best method of assuring good nutrition is to provide at school a meal built around the needs of the child. In certain communities, relief agencies are seeing that such lunches are provided for undernourished children. Ideally, all children who have their noon meal at school would be served the same nutritious lunches, with a cost charge for those able to pay.

Low-cost, nourishing school lunches may be built around one inexpensive hot dish. When assistance in the kitchen and equipment for preparation and service are limited, the problem is most easily solved by featuring only one dish that requires cooking, supplementing it with sandwiches, milk, raw fruit, and sometimes cookies.

MAIN DISHES

The main dish should be nourishing and appetizing. Creamed vegetables, meat and vegetable stews, nourishing soups rich in vegetables or milk or both, beans or other legumes, eggs prepared in some simple way, cheese prepared in white sauce or tomatoes, and scalloped dishes if the equipment includes an oven, are suitable main dishes. They offer plenty of variety so that there need be no duplication for several weeks, as the fifteen menus illustrate. (P. 5). It is important to plan lunches far enough ahead to make sure that the main dishes of each week include all of the kinds of food essential for good nutrition.

BREAD AND BUTTER OR SANDWICHES

The amount of bread and butter to serve for the school lunch depends upon the main dish -- how filling and how nutritious it is. It also depends upon the age of the children. Two slices of bread and butter or a two-slice sandwich is the amount suggested for general use in the following menus. Children in the first grades might need only one slice; in the upper grades, perhaps three slices. Whole-wheat bread may well be used at least half of the time. It is possible to make a loaf of bread containing a high proportion of dried skim milk which adds nutrients very desirable for the child's lunch.

In most of the lunches outlined here the main dish is so nutritious and flavorful that sandwich fillings are unnecessary, the plain bread and butter sandwiches are suggested. A few of the lunch menus suggest sandwiches with filling.

In order to introduce raw vegetables (valuable mainly for vitamin C), grated or finely chopped carrots, cabbage, lettuce, or celery may be mixed with creamed butter, or with a little mild salad dressing and creamed butter. This mixture lightly salted makes an excellent sandwich filling. Raw carrot sticks, turnip sticks, a stalk of celery, or a leaf of lettuce served with plain bread and butter sandwiches may prove easier.

Peanut butter mixed with mild salad dressing, seasoned cottage cheese, or grated American cheese with salad dressing are good and inexpensive fillings to use when the main dish is a little less nourishing than usual.

FRUIT AND COOKIES

Raw fruit supplements the vitamin content of cooked food especially well. Furthermore, it is easy to serve and to eat, and children are usually well pleased with plain raw fruit. The choice depends upon cost, which in turn depends upon the season of the year. One raw fruit a day may easily be supplied in the school lunch by choosing from the following list: an apple, an orange, a peach, a pear, some grapes, or a ripe banana (with speckled yellow or dark brown skin and black seeds).

Fruit sauces or baked or canned fruit may be substituted for fresh fruit part of the time for variety, if facilities for cooking and serving allow. Complicated desserts are more expensive, increase the time and trouble of preparation, of serving, and of diswashing, and are not necessary.

Simple cookies may be served to increase the food value of the lighter lunches, and they also add interesting variety of texture and flavor. "Bought" cookies are satisfactory, but homemade kinds, such as rocks or hermits, and oatmeal, whole-wheat or molasses cookies, are easy and inexpensive to make, and furnish another opportunity for adding milk solids to the diet.

MILK

Each child should have a full cup (one-half pint) of milk to drink at each meal. This is in addition to any milk used in the preparation of the main dish. It may be served as cocoa occasionally if time and equipment to prepare and serve it allow.

In communities where market milk is too expensive or where its quality is questionable, canned evaporated milk or powdered dried milk may be used for part or all of the milk needed. The marked advantage of these forms of milk comes from using them full strength or only partly diluted, in which case they contain more milk solids than fresh fluid milk. This makes it possible to increase the nutritive value of the growing child's diet materially without adding greatly to the volume -- a factor of special importance in the feeding of undernourished children, children who do not get enough milk in their meals at home, and children of small stomach capacity.

For example, in food preparation, canned evaporated milk may be diluted with a half measure of water, and dried milk may be mixed with fresh fluid milk, or with a small proportion of water. Dried milk may be incorporated dry in baked foods. As much as 1 to $1\frac{1}{2}$ ounces ($\frac{1}{4}$ to $\frac{3}{8}$ of a cup) of dried skim milk may be added to each quart of fresh whole milk for children to drink, without noticeably changing the flavor or consistency of the fresh milk. This amount may also be used in white sauce and other milk dishes to increase the milk solids.

If concentrated forms of milk are to be diluted to a fluid having approximately the same food value as fresh market milk, the following equivalents apply:

17 ounces of evaporated milk when diluted with an equal measure of water is about equal in food value to 1 quart of fresh whole milk. (A tall can of evaporated milk contains $14\frac{1}{2}$ ounces).

$4\frac{1}{2}$ ounces (1- $\frac{1}{3}$ cups) of dried whole milk when mixed with $3\frac{1}{2}$ cups of water makes approximately 1 quart of fluid milk, equal in solids to a quart of fresh whole milk.

$3\frac{1}{2}$ ounces (1 scant cupful) of dried skim milk with $3\frac{3}{4}$ cups of water equals about 1 quart of fresh skim milk in solids and in measure. To make this amount of dried skim milk take the place of whole milk in the diet it must be supplemented with $1\frac{1}{2}$ ounces of butter.

In making dried milk into fluid form, use either cold or slightly warm water. Boiling water is likely to make the mixture lump. An easy method of mixing is to put the measure of water into a bowl, pour the measure of dried milk on the surface of the water, and beat with a Dover beater or an egg whip. As paste forms on the sides of the bowl, scrape it into the water and continue beating until the fluid is smooth.

PURCHASING SUGGESTIONS

In buying supplies for school lunches, watch local markets from week to week and take advantage of seasons of abundance.

Of course the size of the group to be served will largely determine the quantities to be purchased at one time, but consider also the amount and kind of storage space and the number of times the foods appear in the menus. If the orders are large enough, wholesale dealers or commission men will probably quote lower prices than retail dealers can afford to give. Make sample purchases from several reliable firms and compare qualities and prices.

Foods purchased in large quantities or large packages usually cost less per pound than the same foods when purchased in small units. For this reason it may be well to purchase staple supplies in quantities sufficient for several weeks. This advance buying will not be feasible, however, unless there is space for satisfactory storage.

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Fruits and Vegetables. Oranges are usually shipped in crates weighing from 70 to 80 pounds, but they may also be obtained in mesh bags holding various weights, and in bushel baskets. A crate holds from 80 to 126 large oranges; from 150 to 216, medium; and from 250 to 324, small oranges.

A bushel of oranges weighs from 46 to 52 pounds. Oranges sold by the bushel are seldom carefully graded for uniformity of size. A bushel would hold from 50 to 80 large oranges, from 90 to 135 medium, and from 150 to 300 small oranges.

Apples, potatoes, onions, turnips, and other relatively nonperishable fruits or vegetables may be purchased by the bushel or in 100-pound sacks. Purchase perishable goods only in the quantities needed for immediate use. Make frequent trips to the market in order to select perishable foods personally. Besides obtaining the best selection of fresh produce, these market visits will keep the purchaser alert to take advantage of especially good prices on other wanted merchandise.

Eggs. Eggs are packed in crates holding 30 dozen. In purchasing eggs consider the size as well as the freshness. Large eggs should weigh at least 24 ounces per dozen; medium, 20-1/2 ounces; and small, 17 ounces. The price per dozen should vary with the size.

In many markets crated eggs are graded according to the U. S. Government grades: U.S. Special (the highest quality), U.S. Extra, U.S. Standard, and U.S. Trade. The two highest grades are also at times sold in sealed cartons of one dozen eggs. The seal states the date of the Federal inspection as well as the grade of the egg at the time of inspection.

Staple Groceries. Most canned foods are available in number 10 cans, which hold 12 to 13 cupfuls; some are in number 5 cans, which hold 7 cupfuls; and all are packed in various smaller cans holding from 1 to 4 cupfuls. The larger cans may be used to advantage in preparing many school lunch recipes. Sometimes a large and a small can will give the desired quantity without waste. It may be well to buy case lots of the canned foods most frequently used, especially if food prices are trending upward.

Dried beans or peas and rice may be obtained in 100-pound sacks; macaroni or spaghetti in 4-pound or 20-pound boxes; peanut butter in 5-pound or 10-pound pails; salt in 25-pound sacks; spices in 1-pound or 6-pound packages; flour in 5, 12, 24, 48, or 96-pound bags.

In buying supplies to serve lunches to a group of fifty, the following list of staple foods will be needed to make the 15 main dishes suggested in the menus on the following pages.

Item	Quantity	Item	Quantity
Canned foods:		Flour	12 pounds
Corn	3 No. 2 cans	Noodles	1-1/2 pounds
Corn	1 No. 10 can	Onions	10 pounds
Peas	2 No. 2 cans	Peanut butter	3 1-pound pails
Salmon	12 No. 1 cans(1/4 case)	Pepper	1 pound
Tomatoes	9 No. 10 cans (1-1/2 cases)	Potatoes	1/2 bushel
Tomato soup	1 No. 10 can	Rice	2-1/2 pounds
Tomato puree	1 No. 10 can	Salt	2 pounds
Dried lima beans	6 1/2 pounds	Spaghetti	1 4-pound box
Dried split peas	4 pounds	Whole Wheat	2-1/2 pounds

If cookies are to be made, the staple supplies should also include:

Baking powder	Raisins
Cinnamon	Rollled oats
Ginger	Soda
Molasses	Sugar (both granulated and brown).

MENUS

Each of the following menus provides a nourishing midday meal for the school child. The flavor, color, and texture as well as the nutritive value of the foods suggested have been considered in planning each day's lunch. The sandwiches, fruit, and milk, with sometimes a cookie, supplement the main dish in these various ways. Fruits other than apples and oranges should be substituted in these menus when in season; for instance, peaches, pears, or grapes in the autumn.

Using the five school days as a unit, the menus for each week include an egg dish, a mixture with meat, one with fish, a milk-rich soup, and a dish using or made of a dried legume. Two of the recipes for each week use tomatoes. This is a desirable assortment from the standpoint of good nutrition, and it offers also a pleasing variety of inexpensive main dishes. Though the egg, fish, and meat mixtures are more expensive than the other main dishes, their nutritive value is so high that they should not be omitted.

First Week

Creamed eggs	Peanut butter and tomato soup
Grated carrot sandwich	Toast, or bread and butter sandwich
Orange, milk	Apple, cookie, milk
Split pea soup with cured pork	Cracked wheat chowder
Bread and butter sandwich	Bread and butter sandwich
Orange, cookie, milk	Orange, raisin cookie, milk
Codfish, spaghetti, and tomato	
Whole-wheat bread and butter sandwich	
Apple, milk	

Second Week

Creamed mixed vegetables with sliced egg
Whole-wheat bread and butter sandwich
Orange, milk

Liver and tomato with spaghetti
Bread and butter sandwich
Apple, milk

Vegetable soup
Cottage cheese sandwich on
raisin bread
Apple, milk

Corn chowder
Lettuce sandwich
Orange, milk

Creamed fish with vegetables
Bread and butter sandwich
Orange, milk

Third Week

Eggs and rice in tomato sauce
Whole-wheat bread and butter sandwich
Apple, milk

Meat and vegetable stew
Bread and butter sandwich
Orange, milk

Potato soup
Peanut butter sandwich
Apple, cookie, milk

Lima beans and tomatoes with
bacon
Whole-wheat bread and butter
sandwich
Apple, milk

Creamed salmon and noodles
Chopped cabbage sandwich
Orange, milk

PREPARING THE MAIN DISHES

The protein and calcium content of any milk dish may be considerably increased by the use of concentrated milks as already discussed under "Milk", page 2.

To retain their mineral and vitamin content, vegetables should be cooked the shortest possible time and with the least possible amount of water. Just enough seasonings should be used to bring out natural flavors and make the mixture pleasing to the taste.

The food value of any dish depends upon the ingredients used and the method of preparation. Large-quantity recipes for nourishing, appetizing, inexpensive, easily-prepared dishes are not readily available. For those reasons, directions for preparing fifty servings of the fifteen hot dishes suggested in the menus and for three kinds of cookies are given here. All of the main dishes may be prepared on top of the stove.

RECIPES

The following recipes are intended to serve 50 children, possibly more. The total quantity of the foods when cooked, and the approximate size and number of servings allowed for, are stated in each case. In practice, of course, both the number and the size of the servings will vary, not only with conditions of preparation, but with the ages of the children, their appetites, and the popularity of the dish.

Food prices are shifting constantly, but to serve as some kind of a guide the cost of the food materials included in the dishes was computed on the basis of wholesale prices in Washington, D. C., in February 1934. The cost of the dried skim milk, suggested for optional use in some recipes to increase the milk solids, is not included.

Creamed Eggs

1 pound flour (4 cups), and if	3/4 pound butter or other
desired, 8 ounces dried skim	fat
milk	2-1/2 tablespoons salt
8 quarts milk	50 hard-cooked eggs, cut
	in halves

Make a thin paste of the flour and some of the milk. Heat the remainder of the milk and add the flour paste, stirring constantly. Cook until the raw flour taste disappears. Beat in the fat and salt. Pour over the hot hard-cooked eggs. (To increase the milk solids in this recipe add 8 ounces of dried skim milk by sifting with the flour).

Total measure cooked, 8 quarts plus 50 eggs; 50 servings, each 2/3 cup plus one egg. Total cost, wholesale prices, Washington, D. C., February 1934, \$1.67; per serving \$0.0334.

Split Pea Soup with Cured Pork

4 pounds green split peas	1 pound peeled onions, chopped
5 quarts water	5 ounces flour (1-1/4 cups)
5 pounds cured pork	Salt, if needed
10 quarts water	

Wash the peas, and soak them overnight in the 5 quarts of water. Drain and reserve 1 quart of the liquid. Simmer the meat partly covered, in the 10 quarts of water until tender. Remove the meat, and after discarding the skin, bone and excess fat, shred the meat. Cook the peas and onions in the stock until both are soft. Press through a sieve. Mix the flour with 1 quart of the cold pea liquid and add to the stock. Heat, stirring until somewhat thickened, then add the pea puree and shredded meat. Add salt, if needed

Total measure cooked, about 13 quarts; 52 servings, each 1 cup. Total cost, wholesale prices, Washington, D. C., February 1934, \$0.86; per serving, \$0.0164.

Peanut Butter and Tomato Soup

4 No. 10 cans tomatoes	1/2 pound peeled onions chopped
10 ounces flour (2 1/2 cups)	2 tablespoons salt
3 pounds peanut butter	

Press the canned tomatoes through a sieve to remove the seeds. Mix 2 quarts of the strained tomato, the flour, and the peanut butter until smooth. Add the onions to the remaining tomato and heat to the boiling point. Add some of the hot tomato to the flour and peanut mixture, then combine with the hot tomato. Add the salt. Cook for about 10 minutes, stirring constantly.

Total measure cooked, about 13 quarts; 52 servings, each 1 cup. Total cost, wholesale prices, Washington, D. C., February 1934, \$2.18; per serving, \$0.0419.

Cracked Wheat Chowder

2-1/2 pounds cracked wheat	1 pound peeled onions, chopped
5 quarts water	2 ounces flour (1/4 cup)
4 pounds scraped carrots, diced	3-1/2 quarts milk, and if
1-1/2 pounds trimmed celery, cut	desired, 9 ounces dried
2-1/2 quarts boiling water	skim milk
1 pound salt pork, diced	5 tablespoons salt

Boil the cracked wheat in the 5 quarts of water for 30 minutes. Cook the carrots and celery in the boiling water until tender. Fry the salt pork until crisp, remove the pork, and cook the onions in the fat for a few minutes. Stir in the flour and when blended add one quart of the milk and cook until the mixture thickens. Add the carrots and celery, including liquid and other ingredients. Stir constantly until thoroughly heated. (To increase the milk solids in this recipe add 9 ounces dried skim milk by mixing with the fluid milk).

Total measure cooked, about 12 quarts; 54 servings, each 7/8 cup. Total cost, wholesale prices, Washington, D. C., February 1934, \$0.66; per serving, \$0.0122.

Codfish, Spaghetti, and Tomatoes

2-1/2 pounds salt codfish	2 ounces parsley, chopped
2 No. 10 cans tomatoes	3/4 pound trimmed celery, cut
5 bay leaves	1/4 pound butter or other
2 pounds spaghetti, in small pieces	fat
1 pound peeled onions, chopped	Salt, if needed

Soak the codfish in cold water to cover for 2 hours or longer, until sufficient salt has been removed. Drain and dice. Simmer the codfish, tomatoes, and bay leaves for about 20 minutes and remove the bay leaves. Boil the spaghetti in lightly salted water until tender and drain. Cook the onions and parsley in the fat for about 10 minutes, then combine all ingredients and cook a few minutes longer. Add salt if needed.

Total measure cooked about 10-1/2 quarts; 56 servings, each 3/4 cup. Total cost, wholesale prices, Washington, D. C., February 1934, \$1.89; per serving, \$0.0337.

Creamed Mixed Vegetables with Egg

2-1/2 pounds pared turnips, diced	2-1/2 quarts milk, and if desired,
4 pounds scraped carrots, cut in strips	6 ounces dried skim milk
4 pounds pared potatoes, diced	5 tablespoons salt
2 quarts water	3-1/2 pounds trimmed cabbage, chopped
6 ounces butter or other fat	50 hard-cooked eggs, cut in halves
3 ounces flour (3/4 cup)	

Boil the turnips, carrots, and potatoes in the water, covered. Prepare a sauce of the fat, flour, and milk. Add the cooked vegetables, salt, and cabbage, and simmer about 10 minutes, or until the cabbage is tender. Serve over the hot hard-cooked eggs. (To increase the milk solids in this recipe add 6 ounces of dried skim milk by mixing with the fluid milk).

Total measure cooked, 9 quarts plus 50 eggs; 50 servings, each 2/3 cup plus one egg. Total cost, wholesale prices, Washington, D. C., February 1934, \$1.57; per serving, \$0.0314.

Liver and Tomato with Spaghetti

1-1/2 pounds spaghetti, in small pieces	2 No. 10 can tomatoes
5 pounds sliced beef liver	3 ounces peeled onions, chopped
6 ounces butter or other fat	1-1/2 ounces parsley, chopped
	1 tablespoon salt

Cook the spaghetti in lightly salted boiling water until tender and drain. Remove the connective tissue from the liver, broil or pan-broil in some of the fat until the red color disappears. Then run the liver through a meat grinder. Mix all the ingredients and simmer about 5 minutes, stirring constantly.

Total measure cooked, about 10-1/2 quarts, 56 servings, each 3/4 cup. Total cost, wholesale prices, Washington, D. C., February 1934, \$1.78; per serving, \$0.0318.

Vegetable Soup

1/2 pound dried lima beans	2 cups chopped celery tops
1 pint water	or 1 tablespoon celery seed
1 large soup bone, with meat (6 pounds or more)	1 No. 10 can tomatoes
6 quarts water	2 No. 2 cans peas
1 pound peeled onions, chopped	3 No. 2 cans corn
	4 tablespoons salt.

Wash the beans and soak them overnight in the pint of water. Wash the soup bone, cover with the six quarts of water and simmer, partly covered for 3 or 4 hours, or until the meat is tender. Cool the stock and remove the fat. Cut the meat from the bone, discard the gristle and skin, and chop the meat. Cook the beans in the meat stock until they are nearly tender. Cook the onions and celery tops in the fat, then add to the stock with the remaining vegetables and salt. Heat and stir a few minutes to blend before serving.

Total measure cooked, about 12 quarts; 54 servings, each $\frac{7}{8}$ cup.
Total cost, wholesale prices, Washington, D. C., February 1934, \$1.31;
per serving, \$0.0242.

Corn and Potato Chowder

9 pounds pared potatoes, diced	1 No. 10 can corn
2 quarts boiling water,	3 quarts milk, and, if desired,
1- $\frac{1}{2}$ pounds salt pork, diced	7 ounces dried skim milk
1 pound peeled onions, chopped	Salt
1- $\frac{1}{2}$ pounds trimmed celery, cut	

Cook the potatoes in the boiling water about 10 minutes. Fry the salt pork until brown and crisp, then remove the pork and cook the onions in the fat. Add the onions, celery, and corn to the potatoes and boil gently until the potatoes are tender. Add the milk, crisped pork, and salt to taste. Heat to the boiling point. (To increase the milk solids in this recipe add 7 ounces of dried skim milk by mixing with the fluid milk).

Total measure cooked, about 13 quarts; 52 servings, each 1 cup.
Total cost, wholesale prices, Washington, D. C., February 1934, \$1.23;
per serving, \$0.0236.

Creamed Fish with Vegetables

12 pounds fresh fish, or	1/2 pound peeled onions, chopped
8 No. 1 cans salmon	1- $\frac{1}{8}$ pounds butter or other fat
6 pounds pared potatoes, diced	1- $\frac{1}{2}$ pounds flour (6 cups)
3 pounds scraped carrots, cut in strips	9 quarts milk, and, if desired,
2 quarts water	12 ounces dried skim milk
	4 tablespoons salt

If using fresh fish, select a fairly boneless kind such as cod or haddock, and simmer in 3 pints of water about 15 minutes. Drain and remove the skin and bones. Canned salmon needs no cooking. Cook the potatoes and carrots in the 2 quarts of water, covered. Cook the onions in 1/4 pound of the fat for about 10 minutes. Make a sauce of the remaining fat, the flour and milk. Mix all the ingredients including the vegetable liquid (1 quart) and cook for a few minutes longer. (To increase the milk solids in this recipe add 12 ounces of dried skim milk by sifting with the flour).

Total measure cooked, about 12 quarts; 54 servings, each $\frac{7}{8}$ cup.
Total cost, wholesale prices, Washington, D. C., February 1934, \$1.97
made with canned salmon; per serving, \$0.0365; \$3.26 made with fresh haddock;
per serving, \$0.068.

Eggs and Rice in Tomato Sauce

2-1/2 pounds rice	Salt, if needed
1 No. 10 can tomato soup	50 hard-cooked eggs
2 quarts rice water	

Boil the rice gently in a large quantity of salted water for about 20 minutes, or until tender. Drain, and reserve 2 quarts of the rice water. Let the rice steam and swell over hot water. Heat the soup with the rice water and when hot stir in the rice. Add salt if needed. Serve this mixture over the hot hard-cooked eggs.

Total measure cooked, about 9 quarts plus 50 eggs; 50 servings, each 2/3 cup plus one egg. Total cost, wholesale prices, Washington, D. C., February 1934, \$1.50; per serving, \$0.03.

Meat and Vegetable Stew

10 pounds beef or mutton	1/2 pound peeled onions, chopped
6 quarts water	6 ounces flour (1-1/4 cups)
5 pounds pared potatoes, diced	2 pounds trimmed cabbage, shredded
1-1/4 pounds pared turnips, diced	4 tablespoons salt

Remove the fat and cut the meat into cubes. Simmer in the water until tender. Add the potatoes and turnips, and allow about 20 minutes for cooking. Render the fat and cook the onions in it for about 10 minutes, stirring frequently. Mix the flour with about one pint of cold stock from the meat. Thicken the stew with this mixture, add the cabbage and salt. Cook for a few minutes longer.

Total measure cooked, about 14 quarts; 56 servings, each 1 cup. Total cost, wholesale prices, Washington, D. C., February 1934, \$2.45; per serving, \$0.0437.

Cream of Potato Soup

8 pounds pared potatoes	1/2 pound butter or other fat
1/2 pound peeled onions, chopped	1/4 pound flour (1 cup)
2 cups chopped celery tops or	2 quarts potato water
1-1/2 teaspoons celery salt	4 tablespoons salt
7 quarts water	3 ounces parsley, chopped
5 quarts milk, and if desired,	
10 ounces dried skim milk	

Boil the potatoes, onions, and celery tops if used in the 7 quarts of water. When tender drain, reserving two quarts of the vegetable liquid, and rice the potatoes. Heat the milk and add to it the blended flour and fat. Stir and cook for about 10 minutes, then add the vegetable liquid, the riced potato, and the seasonings. Heat, and serve with the parsley sprinkled over the soup. (To increase the milk solids in this recipe add 10 ounces dried skim milk by mixing with the fluid milk).

Total measure cooked, about 12 quarts; 54 servings, each 7/8 cup. Total cost, wholesale prices, Washington, D. C., February 1934, \$0.74; per serving, \$0.0137.

Lima Beans with Bacon and Tomatoes

6 pounds dried lima beans	2-1/2 pounds sliced bacon
9 quarts water	1 No. 10 can tomato puree
2 tablespoons salt	

Wash the beans and soak them overnight in the water. Add the salt and cook until just tender, in the water in which they were soaked, Drain. Cook the bacon until crisp and remove from the fat. Break the bacon into pieces and add with the tomato puree to the beans. Mix well, add more salt if needed, and some of the bacon fat.

Total measure cooked, about 10-3/4 quarts; 56 servings, each 3/4 cup. Total cost, wholesale prices, Washington, D. C., February 1934, \$1.32; per serving, \$0.0236.

Creamed Salmon and Noodles

4 No. 1 cans salmon	11 ounces flour (2-3/4 cups),
3 -1/2 quarts milk	and if desired, 5 ounces
6 ounces butter or other fat	dried skim milk
1-1/4 pounds noodles or macaroni	2 teaspoons salt

Remove the bones from the salmon. Make a sauce of the milk, fat, flour, and salt. Heat the salmon in the sauce. Cook the noodles or macaroni in lightly salted boiling water until tender, and drain. Serve the creamed salmon over the noodles or macaroni. (To increase the milk solids in this recipe add 5 ounces of dried skim milk by sifting with the flour).

Total measure cooked, about 13 quarts; 52 servings, each 1 cup. Total cost, wholesale prices, Washington, D. C., February 1934, \$0.93; per serving, \$0.0179.

Oatmeal Cookies

1/2 cup butter or other fat	1/2 teaspoon salt
1 cup sugar	2 teaspoons cinnamon
1 egg	1/2 cup milk
1-1/2 cups sifted flour, and, if	1-1/2 cups fine oatmeal
desired, 1/3 cup dried skim milk	1 cup chopped seedless raisins

Cream the fat and sugar, and add the beaten egg. Sift together the dry ingredients, except the oatmeal, and add with the milk to the first mixture. Add the oatmeal and raisins. Mix well. Drop by spoonfulls onto a greased baking sheet and bake to a golden brown in a moderately hot oven (375° F.). Remove from the pan at once. (To increase the milk solids in this recipe add 1/3 cup dried skim milk by sifting with the dry ingredients).

Total measure cooked, 50, 2-1/2-inch cookies, one per serving. Total cost, wholesale prices, Washington, D. C., February 1934, \$0.13; per cookie; \$0.0026.

Hermits

1 cup butter or other fat	1 teaspoon cinnamon
1-1/2 cups light brown sugar	1/2 teaspoon soda
3 eggs	1/2 teaspoon salt
2-3/4 cups sifted flour, and, if	3 cups chopped seedless
desired, 1/2 cup dried skim milk	raisins

Cream the fat and sugar, and add the well-beaten eggs. Reserve 1 cup of the flour to mix with the raisins, sift together the remaining flour, and the cinnamon, soda, and salt. Mix all together. Drop by spoonfuls onto a greased baking sheet and bake in a hot oven (400° F.) until lightly browned. (To increase the milk solids in this recipe add 1/2 cup dried skim milk by sifting with the dry ingredients).

Total measure, 50, 3-inch cookies, one per serving. Total cost, whole-sale prices, Washington, D. C., February 1934, \$0.24; per cookie, \$0.0048.

Molasses Cookies

3/4 cup molasses	3 teaspoons baking powder
1/2 cup butter or other fat	1/2 teaspoon soda
1 egg	1/2 teaspoon cinnamon
1/2 cup sugar	1/2 teaspoon ginger
1/2 cup milk	1/2 teaspoon salt
2-3/4 cups sifted flour, and	
if desired, 1/2 cup dried skim	
milk	

Heat the molasses and fat until the fat is just melted, and add to the mixture of beaten egg, sugar, and milk. Sift together and add the other ingredients. Drop by spoonfuls onto a greased baking sheet, and bake in a moderate oven (350° F.). Remove from the pan at once. (To increase the milk solids in this recipe, add 1/2 cup dried skim milk by sifting with the dry ingredients).

Total measure, 50, 3-inch cookies, one per serving. Total cost, whole-sale prices, Washington, D. C., February 1934, \$0.12; per cookie, \$0.0024.

FOOD ECONOMICS SECTION
FOOD UTILIZATION SECTION
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